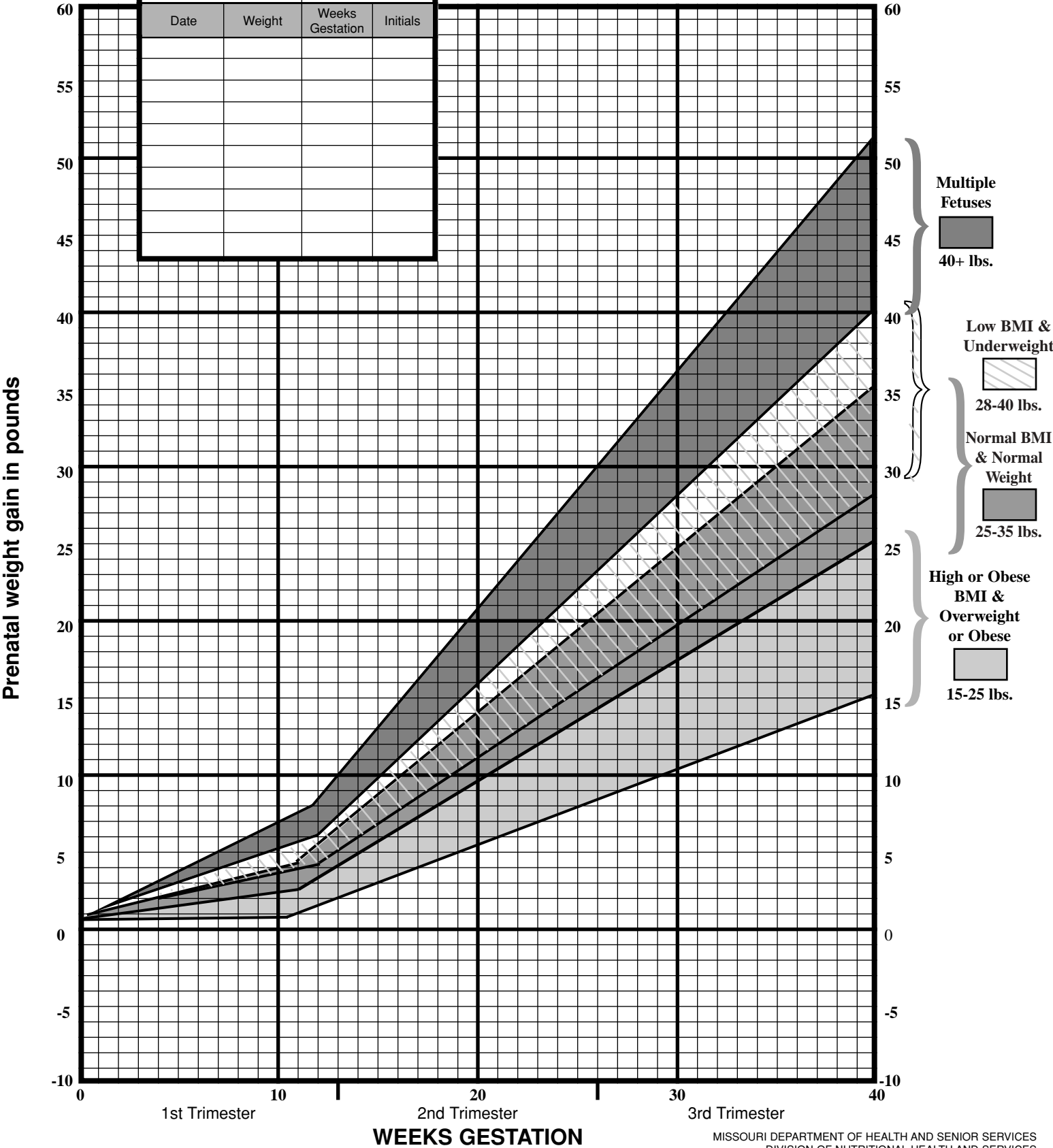





NAME			
HEIGHT (WITHOUT SHOES)		PREGRAVID BMI	
PREGRAVID WEIGHT		EDC	
Date	Weight	Weeks Gestation	Initials

PRENATAL WEIGHT GAIN CHART



Guidelines for Use of Prenatal Weight Gain Chart

Determine prenatal weight gain channel, according to the woman's pre-pregnancy Body Mass Index (BMI) or % Ideal Body Weight and the following table:

Body Mass Index (BMI) or % Ideal Body Weight (IBW)	Weight Gain Channel
< 19.8 BMI or ≤ 90 IBW	Low BMI/Underweight 
≥ 19.8 - 26 BMI or > 91 - 120% IBW	Normal BMI/Normal Weight 
> 26 BMI or > 120% IBW	High or Obese BMI/Overweight or Obese 
Regardless of BMI or pre-pregnancy weight	Carrying multiple fetuses 

CALCULATING BODY MASS INDEX (BMI)

Body Mass Index (BMI) is a means to determine if a person is overweight, underweight, or normal weight, based on their weight for height. The BMI determination assists with recommendations regarding weight gain during pregnancy.

Following is the BMI mathematical formula (please note there are different ways to express this formula):

Weight in pounds

Height in inches ÷ Height in inches x 703 = BMI

BMI Mathematical Formula: Weight in pounds divided by height in inches divided by height in inches multiplied by 703 equals BMI.

GUIDELINES FOR USE OF PRENATAL WEIGHT GAIN CHART (NHS-NPE 11)

1. Calculate the prenatal woman's BMI, using the BMI mathematical formula. In the information box in the upper left corner of the form, complete the participant's name, height, pre-gravid BMI, pre-gravid weight, and delivery date (EDC).
2. Determine the prenatal woman's recommended weight gain channel on the NHS-NPE 11, according to the woman's pre-pregnancy BMI. Highlight or otherwise indicate (document) on the form the recommended weight gain channel. Notice the variations in the shading of the weight gain channels. Some of the channels overlap slightly. These shaded areas follow the recommended weight gain channel throughout the 40 weeks of a normal gestation cycle.
3. Calculate the **completed weeks** gestation using the gestation (pregnancy) wheel.
4. The remaining (highlighted) data in the informational block represents the information required at each of the prenatal woman's bimonthly (or monthly, if necessary) weight checks during the course of her pregnancy. Record the date, weight and weeks gestation each time her weight is measured and plotted. Initials of the person taking (and/or recording) the measurements should also be indicated.)
5. Plot the weight gain/loss on the Prenatal Weight Gain Chart. The horizontal line (or vertical axis) represents **pounds of weight gain/loss**. The vertical line (horizontal axis) represents **week's gestation**. Weight gain does not need to fall on a graphed line; rather the rate and pattern of gain parallel to the line should be monitored.

Mark a dot at the intersection of the two lines (number of pounds gained or lost with the number of weeks gestation). Circle the dot to signify the plot mark.